

Personal Transformation

Navigating the Ocean of Consciousness



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Introduction

Throughout the ages, many wise men and women have told us about the universe we live in and about how the human mind works.

A lot of this wisdom has been forgotten by current humanity.

Fortunately, some individuals and organizations have preserved some of this wisdom in the so-called wisdom-traditions.

The clarity of mind that comes with this wisdom can help heal yourself and also will contribute to the healing of the chaotic world of human beings. This is the main purpose of this booklet and my other writings.

It is my goal to present a part of this wisdom to you, the interested reader.

The era of the little ego is fast fading away. Cooperation will be sorely needed in the coming chaos in the world.

So, let's start.

Note: quotes in the text are from my [latest ebook](#), unless otherwise indicated. My email adress can be found there as well.

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About consciousness and mind

In this booklet, I will briefly deal with the powers of the human mind. As I explain more fully in my free e-book, there is much more to the human being than currently acknowledged in the academic world. More and more philosophers adopt the view that consciousness seems to be a fundamental part of the universe. Indeed, there seems to be a kind of **Energy field** that connects all of nature.

Materialistic science cannot explain the many phenomena of life, such as near-death experiences, telepathy, and so on. The Wisdom-traditions attribute life and substance to above mentioned Energy-field. More about that in chapters one and two of my book "[Rediscovering Transcendence](#)".

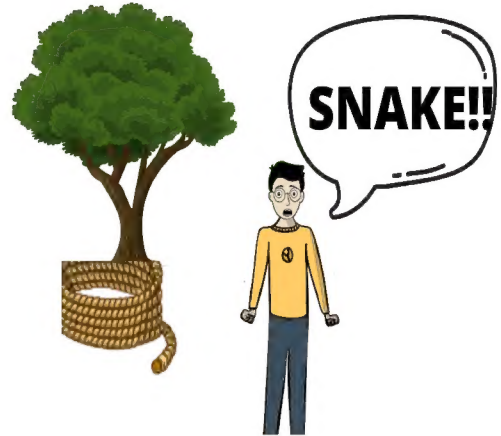
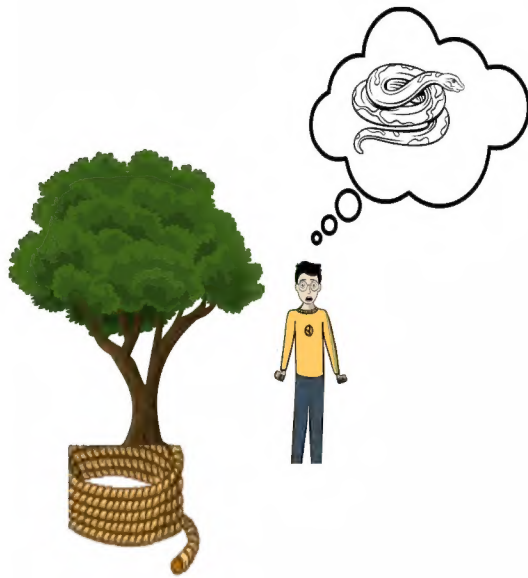
Now, let us have a look at some aspects of the self-conscious mind.

Perception and beliefs

The next cartoon portrays a profound fact about human perception: *one's perception is colored by one's beliefs*.

The story of the rope and the snake

(Cartoon source: my Youtube page)





Perception is colored by belief and emotion.

Beliefs acts like a *filter* on one's consciousness, blocking a lot of valuable information from our awareness.

So, **examine your beliefs and values carefully**. Where did you get your ideas about society, education, work, relationships? From the media? From school? From your parents or friends?

Values guide us in our thoughts and beliefs

"It will not come as a great surprise that values exercise a great influence on our life. After all, values play a role as diverse as to the importance of success, having good relationships, making money, looking attractive to the other sex, but also in ethical issues and moral decisions and developing virtues.

One attaches value to things, persons, achievements. We give meaning to our sense-impressions, filtered through our belief system."

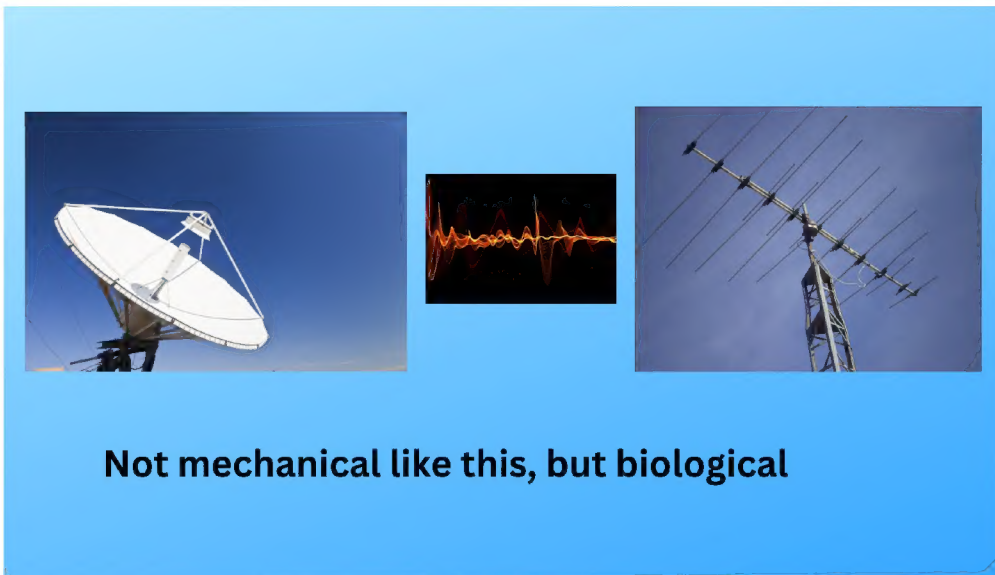
So, humans rarely perceive the world as it is. It is as if we are

looking through a veil, a mist. Can we do something about that?

Yes, we can learn to do a better job. The next parts of this booklet are dedicated to lift a tip of this veil. More about that in my free ebook.

Mind as a send/receive station of emotions and thoughts

The human mind can be seen as a send and receive station of thoughts.



You see, thoughts are very strange “things”.

Consider this:

- . People can be obsessed by thoughts
- . Thoughts can be very energetic, becoming loaded with emotion
- . Thoughts can multiply or 'procreate' (sometimes called 'memes' – ideas that spread like wildfire)

. Propaganda and advertisements often have a profound influence on people. Endless repetition (with variations) enhances this effect. An observation of what newspapers, television and other media broadcast confirms this statement.

. Thoughts often have a distinctive character of their own

As such they almost seem to be alive (or are they?). What are thoughts, anyway? Much more about that in my e-book, chapter two.

Thought, action, habits

Question: how does one incorporate a new habit?

This question leads to the consideration of how habits are formed in the first place.

Habits are formed after repeated actions of a certain type.

Let's say that you want to do more physical exercise, like walking.

It can be quite easy to couple this to the moment that you are going to a shop nearby. Instead of taking the car, you can walk to the shop getting some groceries, for example.

When you *repeat this action a number of times, it becomes a habit*. The same goes for moments when one is waiting for a bus: one can walk to the next bus stop and get some necessary physical exercise.

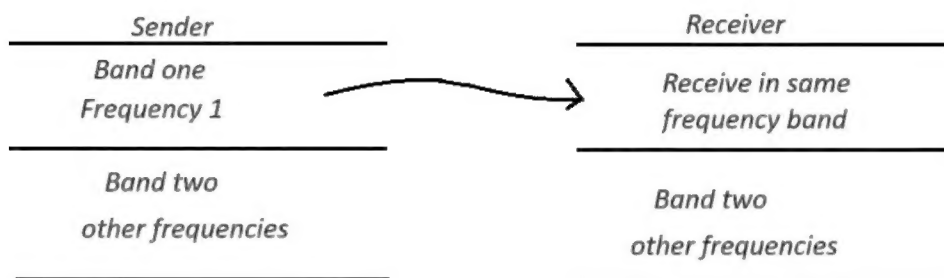
I recently read a free booklet from Dr. Chatterjee (see Youtube) on “six steps to fix your bad habits”, that includes positive self-talk and celebration of each small step of improvement of habits. I like that procedure.

Can you think of your own way to couple new habits to old habits?

The process of thinking: sending and receiving thoughts

One can think of the communication between people as follows:

a person, the sender, has a thought, speaks out and transmits a message to the receiver. The receiver has to decode or interpret this message, which has content, *energy*, a certain tone, etc.



Now, this idea of frequency and bandwidth leads to some very interesting questions.

If thoughts are like energy-packets, loaded with intention, emotion and meaning:

- . In which mood do we approach others?
- . What is the effect of our intentions and emotions on others?
- . Do we contribute to society in a constructive way?
- . Is there some kind of energy-field connected with the mind and thoughts?
- . Are our thoughts always our *own* thoughts or do we simply pick up thoughts from others and retransmit them?

And last, but not least:

- . *Are thoughts free from consequences?*

As you can see, many questions here. A lot of these are discussed in my [free ebook](#), chapter two.

What I will say here is, that **virtues matter**. This leads us to some ideas from Stoicism.

Stoicism

The emperor-philosopher Marcus Aurelius says in his 'Meditations' that:

"Your life is what your thoughts make of it".

(quotes are from my latest ebook, and might be edited a little)

"This truth is based upon the fact that behind each conscious act there stands a corresponding thought and the fact that *a repeated act becomes a habit*. Habits form our character, that is, our pattern of life. A critical investigation of our own thought-life will render an understanding of these facts. From this follows the conclusion that *changing our habits of thinking will lead to changes in our character!* Of course, we will have to **practice** this idea of changing our habits of thinking."

Good qualities of mind, according to Stoicism, are:

Wisdom, Courage, Temperance, and Justice

A quote from the [Daily Stoic](#):

"Wisdom is harnessing what the philosophy teaches then wielding it in the real world. [As Seneca put it](#), "Works not words."

Changing the pattern of thinking

Taking the foregoing paragraphs into consideration, how should we proceed then, to change some of our habits of thinking?

"The direction of change should be towards impersonal, selfless thoughts [now here is an idea, for a change!]. There are great examples in history of men and women who practiced self forgetfulness, worked for the benefit of all, fought against dogmatism, group interests and injustice, created great pieces of art, etc. *These were the real founders of civilizations!* They can be our examples."

Indeed, and to make this a little clearer, we should turn our attention to the underrated aspects of the human being that are called imagination and higher aspirations.

But first, a note on how to deal with negative thoughts. These should not be combated, but experienced with acceptance of what is factually appearing in the mind. Fighting these thoughts will only feed them, making them stronger. Observe those thoughts and see whether you can generate an opposing thought that will neutralize the negative thought. Try to mentally put yourself in the shoes of other persons towards which your negativity is directed. Develop your empathy for others and yourself.

This should work well for reasonably healthy people. Others might need a therapy of some kind to work through unresolved issues.

Note: the above applies to personal prejudices, not to a justified anger towards the many quirks of our current political-financial-economic system. That kind of anger can be used constructively to effect changes.

The use of imagination and lofty aspirations

From my book (chapter two): "The only thing you have to do to change the pattern of thinking is to use the *creative* powers that are within you. The technique is simple: use the *power* of your *imagination* by *creating an image of how you want to be!* "

"The technique is the following: You will have to *form an image of yourself of how you want to be* and perfect this image. This ideal picture will grow and refine in proportion to the growth of your understanding of life. You will encounter difficulties, no doubt about that, as you will experience relapses in old modes of thinking and acting. This should be a stimulus to *persist in changing* your habits of thinking and **change the quality of thoughts** towards a more harmonious nature ."

The idea is to get to know the deeper layers of yourself. Feel your connection to the world! What are your talents and aspirations? Which ones can you use to contribute to a more wholesome world? You will get some ideas as to what your contribution could be. Let these brood in the back of your mind, without effort. Gradually, some picture will emerge.

So, when this picture emerges, be not afraid to think great. The next phase will be a gradual concretization of this picture/idea. I will give some examples to clarify this procedure.

Example: you want to contribute to world peace.
That's a big thing. A such, it must be broken down into smaller pieces.

First: we imagine the start of a peace project. Now, what can that be?

One can think of:

- organizations that work in this direction
- education, workshops, fund raising, etc.
- giving lectures or finding others to do so
- doing research into what already exists as projects (assemble information, network with others)

This can be further **detailed in concrete, feasible steps**, such as: developing materials for courses, educating teachers, approach schools to incorporate these materials into lessons. And so on.

This method can be used for almost every grand idea one has.

Some other ideas:

- contributing to nature conservation
- developing an eco-philosophy
- changing the money system in this world (for example, introducing local money, cryptocurrencies perhaps)

The list is endless!

An initiative I particularly like is that of [Society 4.0](#)

Identification

"One is that with what one identifies oneself with. Think about yourself as a man or woman who is capable of understanding the background of life and who is capable of realizing high ideals in practical life. "

“One can use the force of thoughts without any danger if one *concentrates on a high ideal*, that aims at the well-being of humanity in general. The ideal of human brotherhood is a well known example. Cooperation instead of competition and struggle. Think about this ideal in detail and eliminate all elements in your thinking that are in conflict with this, by replacing these with positive building blocks (thoughts).” This goes beyond simple self-help texts.

Remember the procedure I detailed above regarding breaking down ideas into smaller steps.

“These thoughts will touch many minds and *create a driving-force for changing conditions in this world*. Persistent and purposeful thinking is necessary to achieve this. By the practice of selflessness and self-forgetfulness one will also see effective ways to *help others to help themselves*. Many people, but not enough, are doing this kind of thing already for a long time. Do you want to join them?”

Which commitment do you want to make?

A summary of exercises, taken from my book “[Rediscovering Transcendence](#)”

The techniques and practices I describe in this booklet will provide some help to those who are seeking to get a clearer picture of the situation they find themselves in, and of the global state of affairs at this time in history. It is not a scheme of get-rich-and-happy-quick, of which too many already exist. It is not the little self or ego-personality that is the center around which everything revolves, but the larger world in which it is embedded that should matter. Empathy is the quality that is sorely needed in our world.

Exercise: taking multiple perspectives

One exercise that can be very helpful in this regard, is to practice *taking multiple perspectives*: learn to see situations from multiple angles or perspectives. This will broaden one's context sensitivity and enables a better understanding of the ideas and behaviors of other persons. If one can put oneself into the position of another person, who holds an opposite view of yours, then one may learn quite a bit. One can also practice defending such an opposite view by considering arguments that would favor such a view. The point is to acquire nuanced thinking.

Exercise

A simple technique to neutralize negative thoughts

“Now, we won’t book any success if we try to combat our character-faults.”

“Why not? This is because **by combat we feed our thoughts**, which are living beings. So they will grow stronger instead of starving to death. Instead of combat, we should forget about the unwanted thoughts, let them die. For this we need *recognition of these thoughts and give them a positive impulse by simply thinking an opposite, positive thought.*

By thinking and acting according to this positive thought we outweigh, outbalance, the effects of the negative thought. By persisting in this practice we can **change the quality of thoughts** and also make our thinking faculty function on other frequencies, more altruistic, spiritual, positive, etc.

After some practice we will no longer receive these negative thoughts (we may notice or observe them but do not allow them to upset us). I’m addressing myself to reasonably healthy people here. Others may need psychotherapy to effect an integration and positive orientation towards life.”

Note: the above applies to personal prejudices, not to a justified anger towards the many quirks of our current political-financial-economic system that wrecks many people worldwide. That anger can be used as a motivating force to help change the system from bottom up.

Exercise:

**Observing the stream of
consciousness**

“In order to investigate the nature of thoughts as energetic beings, it is advised to *see oneself more as a witness of thoughts than as a creator of thoughts*. Think of yourself as part of the One Life – **Energy** field that lies at the basis of manifestation. That will make it easier to get into the state of witnessing thoughts.”

“A good exercise to learn to recognize in what 'track' your thoughts naturally flow, is to *observe your flow of thoughts in the moments before you fall asleep*. Just observe as a witness (in this exercise). You can learn to recognize the quality or *character* of these thoughts, and to recognize the several aspects of thinking.

This will be helpful in the process of getting to understand yourself better.

You can also do this exercise on a quiet moment of the day. If you don't like what you see, then you can apply the methods in the first part of this booklet for changing your thought-pattern.”

Pythagorean exercise

"A helpful exercise, sometimes ascribed to Pythagoras, consists of looking back at, evaluating, the events of the day when you go to bed. Ask yourself: "What did I do this day?", "Did I do as I planned to do?", "What did I learn from this day?", "What things can I do better?", "Did I hurt somebody" (If so, "How can I correct that"?), etc. This is very useful for coping with the world's affairs and will help you to profit more from deep sleep since you already 'processed' some stresses and strains from the day. Of course, this exercise should be done with a sincere attitude of mind."

Exercise:

Changing the pattern of thinking (habits of thinking)
Controlling the flow of thought

"The reason for the necessity of getting control over one's thought-life will be clear by now: by controlling the kind of thoughts that enter into one's mind, one can exert a powerful, positive, harmonious influence on this world and also avoid being carried away by harmful desires."

"The technique is the following: You will have to *form an image of yourself of how you want to be* and perfect this image. This ideal picture will grow and refine in proportion to the growth of your understanding of life. You will encounter difficulties, no doubt about that, as you will experience relapses in old modes of thinking and acting. This should be a stimulus to *persist in changing* your habits of thinking."

“We can use the force of thoughts without any danger if we **concentrate our minds on a high ideal**, that aims at the well-being of humanity in general, for example, the ideal of human brotherhood. Think about this ideal in detail and eliminate all elements in your thinking that are in conflict with this, by replacing these with positive building blocks (thoughts).”

“These thoughts will touch many minds and *create a driving-force for changing conditions in this world*. Persistent and purposeful thinking is necessary to achieve this. By the practice of selflessness and self-forgetfulness one will also see effective ways to *help others to help themselves*. Many people, but not enough, are doing this kind of thing already for a long time. Do you want to join them?”

It can be helpful to reread the part in this booklet on the use of imagination and lofty aspirations.

Also, a study of chapter six of my ebook (on Roberto Assagioli's psychosynthesis and the act of will) might be helpful order to get some more clues on how to proceed with this exercise. Working in groups may be necessary.

Bonus exercise

Grant freedom to others as to yourself

This prescript comes from [Vitvan](#)

The idea is that one shouldn't impose one's ideas on another person. That person may very well have other ideas on how to deal with life.

As long as that person doesn't infringe on one's natural rights and isn't involved in criminal or mean activities that hurt others, then I see no need to try to force someone to think like

oneself. There will be other persons that one can collaborate with. That is not to say that one can't be assertive, of course.

Further references

My free ebook:

[Rediscovering Transcendence](#); Martin Euser

This is a study book. I have condensed a lot of key ideas from several wisdom-traditions in this book. A lot of references are given to other study material, books and Youtube videos.

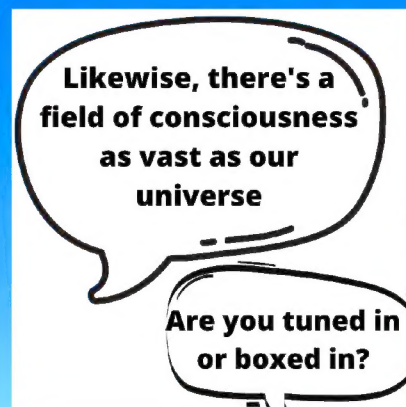
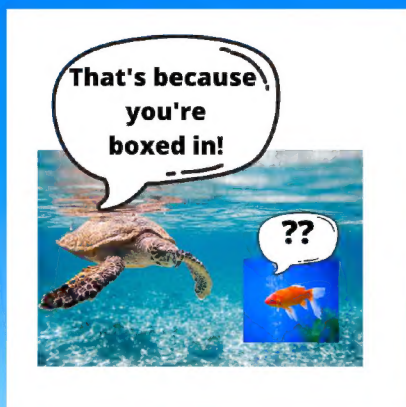
The section on psycho-cybernetics in chapter one is very readable and connects well with chapter two. That chapter deals with many aspects of the mind, how to direct one's attention to other frequencies of the thought spectrum, and much more.

Study group

A brand new Facebook group has been created by me for those who would like some dialogue (no discussions or debates) with others about themes in my book. The topic is twofold: personal transformation and social transformation. One can become a member (or just browse postings) by [visiting this page](#).

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Cartoon from my [Youtube channel](#)